

## ABSTRACT OF THE DISCLOSURE

A shock damper includes a damper body installed in the frame of a structure and adapted to absorb earthquake shocks, and braces adapted to support the damper body in the frame of the structure, the damper body

5 having a horizontal top plate, a horizontal bottom plate, and a vertical connecting device connected between the horizontal top plate and the horizontal bottom plate, the connecting device being a shaft formed of any of a variety of cross sections, or a plurality of plates of any of a variety of profiles.